



**NEWS FLASH:** *The Indigenous Child & Youth Mental Health Team* for the North Fraser, continues to deliver services during the COVID-19 pandemic! This brief flyer outlines what services we offer and which of our staff to contact to talk about our services.

The *Indigenous Child and Youth Mental Health Program* grew out of a desire by our Indigenous communities to receive mental health and emotional wellness services through a more culturally-informed lens. We provide services in New Westminster, Burnaby, the TriCities, Maple Ridge, and Pitt Meadows.

To inquire about services in...

Burnaby/New West/Port Moody/Coquitlam, call or text ICYMH Outreach Worker, [Bee Grandison at 604-562-7193, or 778-572-2786 \(office\)](tel:604-562-7193)

Maple Ridge/Pitt Meadows/Poco, call or text ICYMH Outreach Worker, [Roger Ekman at 604-816-5580.](tel:604-816-5580)

Our basic clinical service is very similar to that provided by community Child and Youth Mental Health teams, but there are some important differences. We work with families where there is a child or youth aged 0-18 who is:

- ◇ Of Aboriginal/Indigenous ancestry (self-identification is sufficient—status is not required)
- ◇ Open to services, or at least open to meeting with someone from ICYMH (even if only ‘somewhat’ interested) to explore how we might be helpful
- ◇ Presenting with signs/symptoms/concerns of having a mild to severe mental health or emotional wellness condition.
- ◇ Possibly in need of an outreach approach.
- ◇ Looking for an approach to mental health treatment that is culturally informed.

Our services include:

- **Community Outreach Workers:** link Indigenous children and youth struggling with mental or emotional health challenges to the appropriate service (which could be ICYMH, CYMH, or a community resource) and assist families and youth to access that service where help doing so is needed.
- **Community Clinicians:** provide in-office clinical mental health service and assessment to Indigenous children and youth falling on the ‘moderate to severe’ part of the mental health spectrum, in addition to waitlist management and outreach Intake where needed
- **Wellness Counsellors:** provide outreach mental and emotional wellness counselling service and assessment to Indigenous children and youth falling on the ‘mild to moderate’ part of the mental health spectrum.
- **Outreach Clinicians:** provide outreach clinical mental health service and assessment to Indigenous children and youth falling on the ‘moderate to severe’ part of the mental health spectrum.
- **Elder:** Our team’s Elder is available to our families for cultural supports and practices.

In the midst of our current public health crisis, we are delivering services in some new and unique ways. To lessen risk, we are providing most of our services — including intake screening — largely by telephone, by text, or by Skype for Business or Zoom. Once the health risks lessen, we will promptly resume our face to face and group services.

No referral or appointment are needed to reach out to us for intake screening, or if you simply have questions about services.

*Finally, we would like to remind everyone of the importance of community, of family, of friends, of parents, and of caregivers in helping children and youth navigate their mental health challenges – not just at this time, but at all times. Family is a young person’s best resource in helping to overcome whatever mental health challenge that they may be facing. We are here to expand upon those natural supports.*

[Please see the back of this page for some resources:](#)

## **OTHER RESOURCES**

### **START (Short-Term Assessment, response, and Treatment) Program:**

If a child or youth is suicidal or is experiencing an urgent mental-health crisis, the START Program may be an alternative to taking the individual to the hospital, or involving the police or ambulance. They can provide intervention and advice by phone, or may in some cases be able to have a clinician attend in person. They are located at #600 – 205 Newport Drive, Port Moody, BC.

To contact START, please call 604-949-7765 and ask to speak to an intake clinician (Mon-Fri 9:00am-9:00pm, Sat– Sun, 12:00-9:00pm)

OR attend your local hospital,

OR call 911.

### **KUU-US CRISIS LINE (in partnership with First Nations Health Authority)**

KUU-US Crisis Line is available 24/7. Call: 1-800-KUU-US17

Adult/Elder Crisis Line: 250-723-4050

Child/Youth Crisis Line: 250-723-2040

### **Our team recommends the following websites:**

<https://www.anxietycanada.com/> (concerning anxiety)

<https://dwdonline.ca/> (concerning depression)

<http://teenmentalhealth.org> (general mental health/wellness information)

<https://bouncebackbc.ca/> (low mood, mild to moderate depression, anxiety, stress or worry)

<https://keltymentalhealth.ca/> (concerning general mental health)

<https://familysmart.ca/> (concerning resources and support)

<https://caddac.ca/adhd/> (concerning ADHD and other behavioural challenges)

<https://www.mentalhealthfoundations.ca/> (supporting parents and caregivers)

<https://livinglifetothefull.ca/> (interactive course to help understand your feelings, thoughts and behaviours, & what to do about them)

<https://cmhabc.force.com/MentalHealthCheckIn/s/> (a tool to help you take a look at your mental health and wellness)

<https://foundrybc.ca/> (youth-focused virtual clinics offering counselling, peer support, primary care and family support)

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease> (tips for parents, ie how to teach children calming breathing techniques or use structured games to build routine)